



The Smart Easy Guide to Migraine Headache Relief: Diagnosis, Treatments, Lifestyle, Resources Cultural Help for Migraine Headaches Chronic Pain in Men, Women, Kids, Students Employees

By Sara Lowery

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Few things are as debilitating and mystifying as a migraine headache. Some of the most influential people in history have succumbed to them, yet they seem inexplicable, even demonic in the intensity and directness of the pain. Debilitating, blinding - even nauseating - the suffering of a full-blown migraine headache is enough to drive some to despair. And while some migraine remedies work, some others will leave you in just as much pain as before. As migraines are not going away, this is your guide to learning to live with them, minimize their impact and frequency and take care to avoid them where at all possible. Migraines have been with people as long as people have been on Earth. Mysterious, intense and insufferable, this particular enemy needs to be subdued. This invaluable guide is the complete manual for treatment, avoidance and coping with migraine headaches. Scientifically informed, comprehensive and thorough, this volume invites readers to learn more about all of the following: The long human history of migraines and some of the famous people affected by them The...



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